   

MAIN SCHOOL

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| Mon  |
| C:\Users\john.healey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\A5E0C076.tmp**Homemade Ham & Cheese Pizza[[1]](#footnote-1) (Gluten or Dairy Free Option Available on request)**Image result for chickpea & falafel burger images**Chick Pea & Falafell Burger& Tzatziki[[2]](#footnote-2)**Image result for herby potato wedges images**Herby Jacket Wedges**Image result for baked beans**&** Image result for peas & sweetcorn images**Baked Beans & Garden Peas & Sweetcorn**See the source image**Salad Tray**Image result for bread**Bread[[3]](#footnote-3)**Image result for fruit cocktail images**&**Image result for VANILLAICE CREAM**Fruit and Ice Cream [[4]](#footnote-4)**Image result for yoghurts images**Yoghurt[[5]](#footnote-5)**Image result for fresh fruit images**Fresh Fruit** |

**ALLERGEN INFORMATION**



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| Tue  |
| Image result for chicken in tomato sauce with fusili images**Chicken & Tomato Pasta with Tricolour Fusilli[[6]](#footnote-6) (Gluten free alternative available)**Image result for quorn fillet in spring onion & Hoisin images**&**Image result for Steamed riceimages**Quorn Fillet in Spring Onion & Hosisin Sauce[[7]](#footnote-7) with Steamed Rice**Image result for Cauliflower Broccoli & Baby Carrots Images**Cauliflower Broccoli & Baby Carrots & Sweetcorn**See the source image**Salad Tray**Image result for bread**Bread[[8]](#footnote-8)****Pancakes[[9]](#footnote-9)**Image result for yoghurts images**Yoghurt[[10]](#footnote-10)**Image result for fresh fruit images**Fresh Fruit** |

**ALLERGEN INFORMATION**



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| Wed  |
| Image result for roast beef images**&**Image result for yorkshire pudding images**Roast Topside Of Beef with Yorkshire Pudding[[11]](#footnote-11)**C:\Users\john.healey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\C8BCAC1A.tmp**Vegetarian Roast[[12]](#footnote-12)**Image result for roast potatoes**&** Image result for mashed potato images**Roast Potatoes[[13]](#footnote-13) & Mashed Potatoes[[14]](#footnote-14)**Image result for shredded savoy cabbage images**&**Image result for carrot & Swede Mash images**Savoy Cabbage & Carrot & Swede Mash**See the source image**Salad Tray**Image result for bread**Bread[[15]](#footnote-15)**Image result for fruit flapjack images**Reduced Sugar Fruit Flapjack[[16]](#footnote-16)**Image result for yoghurts images**Yoghurt[[17]](#footnote-17)**Image result for fresh fruit images**Fresh Fruit** |

**ALLERGEN INFORMATION**



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| Thu  |
| Image result for moroccan chicken with couscouusimages**Moroccan Chicken with Herby Couscous[[18]](#footnote-18) (Gluten free alternative available)**Image result for vegetable lasagne**&**Image result for garlic bread images**Vegetable Lasagne[[19]](#footnote-19) with Side Salad & Garlic Bread[[20]](#footnote-20)**Image result for green beans images**&**Image result for sweetcorn images**Green Beans & Sweecorn**See the source image **Salad Tray**Image result for bread**Bread[[21]](#footnote-21)**Image result for fruit crumble & Cream images**Reduced Sugar Gluten Free Fruit Crumble & Cream**Image result for yoghurts images**Yoghurt[[22]](#footnote-22)**Image result for fresh fruit images**Fresh Fruit** |

**ALLERGEN INFORMATION**



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| Fri  |
| Image result for fish fingers images**Fish Fingers[[23]](#footnote-23)**Image result for spinach & ricotta Tortellini  images**Vegetable Tortellini[[24]](#footnote-24)**Image result for chips images**Chips**Image result for baked bean images**&** Image result for cooked broccoli florets images**Baked Beans & Broccoli Florets**See the source image**Salad Tray**Image result for bread**Bread[[25]](#footnote-25)**Image result for blueberry muffinsimages**Gluten Free/Reduced Sugar Blueberry Muffins[[26]](#footnote-26)**Image result for yoghurts images**Yoghurt[[27]](#footnote-27)**Image result for fresh fruit images**Fresh Fruit**  |

**ALLERGEN INFORMATION**

1. **Contains Gluten (Wheat), Soya Bean & Milk** [↑](#footnote-ref-1)
2. **Contains Milk** [↑](#footnote-ref-2)
3. **Contains Gluten (Wheat)** [↑](#footnote-ref-3)
4. **Contains Milk** [↑](#footnote-ref-4)
5. **Contains Milk** [↑](#footnote-ref-5)
6. **Contains Gluten (Wheat)** [↑](#footnote-ref-6)
7. **Contains Soya Bean** [↑](#footnote-ref-7)
8. **Contains Gluten (Wheat)** [↑](#footnote-ref-8)
9. **Contains Milk, Egg and Gluten (Wheat)** [↑](#footnote-ref-9)
10. **Contains Milk**  [↑](#footnote-ref-10)
11. **Contains Gluten (Wheat), Eggs and Milk** [↑](#footnote-ref-11)
12. [↑](#footnote-ref-12)
13. **Contains Sulphites** [↑](#footnote-ref-13)
14. **Contains Sulphites** [↑](#footnote-ref-14)
15. **Contains Gluten (Wheat)** [↑](#footnote-ref-15)
16. **Contains Gluten (Oats)** [↑](#footnote-ref-16)
17. **Contains Milk** [↑](#footnote-ref-17)
18. **Contains Gluten (Wheat)** [↑](#footnote-ref-18)
19. **Contains Gluten(Wheat), Milk & Mustard** [↑](#footnote-ref-19)
20. **Contains Gluten |(Wheat)** [↑](#footnote-ref-20)
21. **Contains Gluten (Wheat)** [↑](#footnote-ref-21)
22. **Contains Milk** [↑](#footnote-ref-22)
23. **Contains Milk** [↑](#footnote-ref-23)
24. **Contains Gluten (Wheat), Eggs, Milk & Mustard** [↑](#footnote-ref-24)
25. **Contains Gluten(Wheat)** [↑](#footnote-ref-25)
26. **Contains Eggs** [↑](#footnote-ref-26)
27. **Contains Milk** [↑](#footnote-ref-27)